Ephemerides K.

Neue. 1612

A new Almanacke, & Prognostication, with the Forraine computation, seruing for the yere of our Lord and Sauiour Iesus Christ. 1612.

Being the Bissextile or leapeyeare,

Rectified for the elevation of the pole Artick and Meridian of the famous towne of great Yarmouth in Norfolke: and may serue generally for the most part of great Britaine.

Practised, penned, and published by Gefferie Neue, Practioner in Phisicke, and student in the Mathematicks.

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P.P. 2465

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The contents of this double Kalender for this yeare of our Lord God 1612 which is the Bissextile or leape yeare, according to the accompt and computation of the Church of England

The prime or Golden number		17
The circle of the Sun is		25
The Epact is		7
The dominicall letter is		C. D
The Romane indiction is		10
The space betweene Christmas and shroue Sunday is 8. weekes and 4. dayes.		
The first sunday in lent	March	1
Easter day	Aprill	12
Ascention day	May	21
Whitsunday	May	31
Aduentsunday	Nouember	29
Betweene Trinitie and Aduent, are sundaies		24
Betweene Easter and Ascention day 5. weekes and 3 daies.		
Betweene Whitsunday and Midsommer are 3. weekes & 2. day		
Betweene Midsommer & Bartholmew are 8. weeks & 4. daies		
Betweene Bartholmew & all Saints are 9. weekes & 5. daies.		

The fortaine computation.

The prime or golden number is		17
The circle of the Sunne is		25
The Epact is		27
The Romaine Indiction		10
The Dominicall letter is		A C
The first sunday in lent	March	11
Easter day	Aprill	22
Ascention day	May	31
Whitsunday	June	10
Aduentsunday	December	2
The space between Christmas and Shrouesunday is 10. weekes		
Betweene Trinity & Aduent are sundayes		23

From the creation of the world until this present yeare of our Lord God 1612 is 5582
From the creation until the flood 1656
From the Flood to Christ. 2306
From Moses to Christ 1514
Since the promised seed of Abraham 3558
Since the Israelites departed out of Egipt 3128
Since the destruction of Troy 2795
Since Brute entred this Iland 2719
Since the building of the Temple of Salomon 2648
Since the building of the Citty of Rome. 2363
Since Nabuchodonozer the king. 2360
Since Alexander the great dyed 1936
Since Julius Cesar was slaine with bodkins 1661
Since the happy birth of our Saviour Christ 1612
Since Jerusalem discovered by Titus 1539
Since England received the christian faith 1432
Since the Danes entered England 594
Since the conquest of England 545
Since the science of printing was invented 152
Since King Henry the 8. wonne Bolloigne 68
Since Ketts rebellion at Norwich 63
Since the infectious sweating sickness 55
Since Pauls steeple fiered by lightning 51
Since the great plague at Newhaven 49
Since the Earles rebellion in the north 43
Since the blazing starre and frosty winter 40
Since the fiery apparition in the heavens 38
Since the deepe snow 33
Since the generall earthquake in England 32
Since the Campe at Tilbury in Essex 24
Since the last earthquake in England 11
Our Kings maiesties raigne whome the King of heaven grant long and prosperously to raigne over vs 10

The Dominion of the Moone on Mans bodie.

...the head.

Taurus necke & throate

Cancer & rest to mack, & lungs.

Virgo gutes & belly.

Scorpio secret & blader

Capricornus & knees

gemini arms & sholder

Leo heart & backe.

Libra. reyns & loynes.

Sagitarius the thighs

Aquarius the legges.

Pisces the feete.

Ianuary hath xxxi. daies.

Novv if your body in health vvill keepe,
vvarme meats for it is very meete.
Flye Phisicke, sloath, and venerie,
Auoyd all Bathes most carefully.

i	a	New yeres d.	Aries	23	11	d	☽ First qu.
ii	b	Octa. of Step	Taur.	6	12	e	first day, 52
iii	c	Octa of John	taur.	19	13	f	min. after 5.
iiii	d	Octa. Innoc.	Gemi.	3	14	g	a clock, in the
v	E	Edward dep.	gemi.	17	15	A	morning.
vi	f	Twelfs day	Canc.	1	16	b	
vii	g	Wed. come in	canc.	16	17	c	● Full-mo.
viii	a	Lucian Priest	Leo	1	18	d	the 8. day 2.
ix	b	Agapit virg.	leo	16	19	e	min. after 5. a
x	c	Sol in aqua.	Virg.	1	20	f	clocke in the
xi	d	Linus mar	virg.	16	21	g	morning.
xii	E	1. sun. aft. epi	Libr.	0	22	A	
xiii	f	Hillarius bish	libr.	15	23	b	☾ Last qua.
xiiii	g	Felix Priest	libra.	28	24	c	the 14. day
xv	a	Maurice abb.	Scor.	1[illegible]	25	d	Conuer. of P.
xvi	b	Marcellus	scor.	25	26	e	halfe an houre
xvii	c	Anthony des.	Sagi.	8	27	f	after 9 a clock
xviii	d	Prisca virgin	Sagi.	20	28	g	at night.
xix	E	2. sun. aft Ep.	Capr.	2	29	A	
xx	f	Fab. & Sebas	Capr.	14	30	b	● New mo.
xxi	g	Agnes virgin	capr.	26	31	c	the 22. day
xxii	a	Vincent mart	Aqua.	7	1	d	February
xxiii	b	Terme begin	Aqua.	19	2	e	Purif. of M.
xxiiii	c	Timothie	Pisce	1	3	f	half an houre
xxv	d	Conu. of Paul	Pisce	13	4	g	aft 8. a clock
xxvi	E	3. sun. aft Ep	Pisce	25	5	A	at night.
xxvii	f	Julian bish.	aries	7	6	b	
xxviii	g	Agnes the sec.	aries	19	7	c	☽ First qua
xxix	a	Valerius bish.	Taur.	2	8	d	30. day, 10
xxx	b	Batild Quet	tauru.	14	9	e	min. aft. 10. a
xxxi	c	Satur. & vit	tauru.	28	10	f	clock at night

This Moneth as yet no phiſicke vſe,
For feare that you your ſelfe abuſe:
Bleed not nor Bath, be ruld by me,
Except vpon neceſſity.

i	d	Brigit fast	gem	11	11	g	
ii	e	Purif. of M	gemi	25	12	A	● Full moo
iii	f	Blaſe biſhop.	can	10	13	b	the 6. day, 44
iiii	g	Gilbert conf.	can.	24	14	c	min. after 3.
v	a	Agath virgin	leo	9	15	d	of the clocke
vi	b	Dozothie vir.	leo	24	16	e	in the after-
vii	c	Angulus biſh	virg	9	17	f	noone.
viii	d	Paul biſh	virgo	24	18	g	
ix	e	Sol in piſces	Libra	9	19	A	Laſt qu.
x	f	Scho. virg	libra	23	20	b	the 13. day
xi	g	Eufra. virg.	ſcozp.	7	21	c	40. min. aft.
xii	a	Terme ends.	ſcozp.	21	22	d	11. of the
xiii	b	Wolfran biſh.	ſagit.	4	23	e	clocke in the
xiiii	c	Valentine bi.	ſagita	17	24	f	ſozenoone.
xv	d	Fauſtine biſh.	ſagita	29	25	g	Matthias Ap.
xvi	e	Sexageſſima	Capr	11	26	A	
xvii	f	Polycro. biſh.	capri	23	27	b	● New
xviii	g	Simeon biſh.	aqua	5	28	c	moo. the 21
xix	a	Sabine marti	aqua	17	29	d	day 12. min.
xx	b	Wildres virg	aqua	29	1	e	after 3. of the
xxi	c	70 Marti.	piſces	10	2	f	March 161
xxii	d	Peter chaire	piſces	22	3	g	clocke in the
xxiii	e	Shrouetuesda	Aries	4	4	A	afternoone.
xxiiii	f	Loc biſh. faſt	aries	16	5	b	
xxv	g	Matthias Ap	aries	28	6	c	☽ Firſt qu.
xxvi	a	Mer. goeth	taur	11	7	d	the 29. day
xxvii	b	Alexan. biſh	taur	23	8	e	54 min. after
xxviii	c	Auguſtine bi.	Gemi.	7	9	f	10. of the
xxix	d	Oſwald biſh	gemi.	20	10	g	clocke in the
							ſozenoone.

Novv March begins the ſpringing time,
The Sunne hath got the equall line:
Vſe phiſicks art, and all thy skill,
To helpe diſeaſes that be ill.

i	P	Dauid biſh.	Can.	4	11	c	
ii	e	Chadd biſh	Can.	19	12	a	☽ Ful moo.
iii	f	Maurice	Leo	3	13	b	the 7. day, 22
iiii	g	Ember week	leo	18	14	c	min. after 1,
v	a	Focas & Euſe.	Vir.	3	15	d	a clock in the
vi	b	Victor & vic.	Vir.	18	16	e	morning.
vii	c	Perpetues	Libra	3	17	f	
viii	D	2. ſun. in len	Libra	17	18	g	☾ Laſt qua.
ix	e	40. martyrs	Scor.	1	19	a	the 14. day,
x	f	Sol in aries	ſcor.	15	20	b	7. min. after
xi	g	Quirion & ca.	ſcor.	29	21	c	4. of the clock
xii	a	Gregory	Sagi.	12	22	d	in the morne.
xiii	b	Theodore	Sagi.	25	23	e	
xiiii	c	Candidi mar	Capr.	7	24	f	
xv	D	3. ſun. in len	cap.	20	25	g	Annun. of ♍
xvi	e	Boniface biſh	aquar.	2	26	a	
xvii	f	Gertrude	aqua.	14	27	b	● New moo.
xviii	g	Edward king	aqu.	26	28	c	the 22. day
xix	a	Joſ. Mar. huſ	Piſces	8	29	d	14. min. after
xx	b	Cutberte biſh	piſces	20	30	e	8. a clocke in
xxi	c	Benedict abb.	Aries	1	31	f	the morning.
xxii	D	4. ſun. in len	Aries	13	1	g	April 1613
xxiii	e	Theodore pr.	aries	25	2	a	
xxiiii	f	Imit Rex. Iac.	Taur.	8	3	b	☽ Firſt qu.
xxv	g	Annun. of ♍	Taur.	20	4	c	the 29. day
xxvi	a	Caſtor mart.	Gem.	3	5	d	43. min. after
xxvii	b	Martian	Gem.	17	6	e	7. of the clock
xxviii	c	Dorothy vir.	Canc.	9	7	f	at night.
xxix	D	5 ſun. in lent	cance.	14	8	g	
xxx	e	Quiri. mart.	cance.	28	9	a	
xxxi	f	Anſelme biſh.	Leo	12	10	b	

This Aprill with his stormy shewers,
doth make the earth yeeld pleasant flowers:
Purge well therefore for it is good,
to helpe thy body and cleanse the bloud.

i	g	Gildard.	leo 28	11	c	☾ full
ii	a	Mary Egypt.	Virg. 12	12	d	moone the 5.
iii	b	Richard bish.	virg. 27	13	e	day at 8 11. of
iiii	c	Ambros. bish.	Libra 12	14	f	the clocke in
v	d	Palme sund.	libr. 26	15	g	the forenoone.
vi	e	Virtus bish.	Scor. 10	16	a	☾ The last
vii	f	Eglippus.	scor. 23	17	b	quarter the
viii	g	Perpetuus.	Sagi. 7	18	c	12 day 44.
ix	a	Sol in taur.	sagi. 20	19	d	min. after 9.
x	b	Passion 7. vir	Capr. 3	20	e	of the clocke
xi	c	Iuly bishop.	capr. 15	21	f	at night.
xii	d	Palm day	capr. 28	22	g	Palm day.
xiii	e	Eukeme vir.	Aqua. 10	23	a	✠. George.
xiiii	f	Tiburt & val	aqua. 22	24	b	
xv	g	Oswald arch.	Pisces 4	25	c	✠. Marke.
xvi	a	Isidore bish.	pisces 16	26	d	● The new
xvii	b	Cosmy	pisces 28	27	e	moone the 20.
xviii	c	Valerian	Aries 10	28	f	day halfe an
xix	d	Anun. af. Est.	aries 22	29	g	houre after
xx	e	Med. com. in	Taur. 5	30	a	ten of the
xxi	f	Simeon bish.	taur. 17	1	b	Mayp. [illegible]
xxii	g	Mother	Gemin. 0	2	c	clock at night
xxiii	a	✠. George.	gemin 13	3	d	
xxiiii	b	Wilfride bish.	gemin. 27	4	e	☽ The first
xxv	c	Mark Evan.	Canc. 11	5	f	quarter the
xxvi	d	2. sun. af. East.	canc. 25	6	g	28. day 41.
xxvii	e	Anastas. bish.	Leo 9	7	a	min. after one
xxviii	f	Victalis mar.	Leo. 23	8	b	of the clocke
xxix	g	Terme begin.	Virg. 8	9	c	in the mor-
xxx	a	Erkenwald	Vir. 22	10	d	ning.

May hath xxxi. dayes.

Now gallant May in his array,
doth make the fields pleasant and gay:
Wake early now for thy healths sake,
And still thou mayst some phisicke take.

1	b	Philip & Jac	Libr.	7	11	e	⊙ The full
ii	c	Athanasius bi	libr.	21	12	f	moone the 4.
iii	d	3. sun. aft. east	Scor.	5	13	g	day 21. min.
iiii	e	Florian	scor.	19	14	a	after 9. of the
v	f	Goddard	Sagi.	2	15	b	clock at night
vi	g	John port latt	sagit.	15	16	c	eclipsed.
vii	a	John of Beue	sagi.	28	17	d	
viii	b	Appa. of Pi	Capr.	10	18	e	☾ The last
ix	c	Transl. Mich.	capr.	23	19	f	quarter the
x	d	Solm Gem.	Aqua.	5	20	g	12. day 36.
xi	e	Anthony mar.	aqua.	17	21	a	min. after 3.
xii	f	Achetry.	aqu.	29	22	b	of the clocke
xiii	g	Servatius.	Pisces	12	23	c	in the after-
xiiii	a	Boniface mar.	pisces	24	24	d	noone.
xv	b	Isidore mart.	Aries	6	25	e	● The new
xvi	c	Brandon bish	aries	18	26	f	moone the 20
xvii	d	Rogacion	Taur.	1	27	g	day 16. min.
xviii	e	Med. goe out	taur.	14	28	a	after 10. of
xix	f	Dunstan Arch.	taur.	27	29	b	the clocke in
xx	g	Bernard	Gemi.	10	30	c	the forenoone.
xxi	a	Ascens day.	gemi.	23	31	d	Ascention
xxii	b	Julian virg.	Canc.	7	1	e	Iune. 1612.
xxiii	c	Desiderii mar	canc.	21	2	f	
xxiiii	d	6. sun. af Est.	Leo	5	3	g	
xxv	e	Germanus	leo	20	4	a	☽ The first
xxvi	f	Augustine ep.	Virg.	4	5	b	quarter the
xxvii	g	Bede priest.	virg.	19	6	c	27. day 16.
xxviii	a	German bish.	libr.	3	7	d	min. after 6. of
xxix	b	Corpus martyr	libra.	17.	8	e	the clocke in
xxx	c	Felix	Scor.	1.	9	f	the morning
xxxi	d	Whit sunday	Scor.	15	10	g	Whit sunday.

This moneth of Iune vse clarified vvhay,
Boyled vvith cold hearbs drinke alvvay:
From violent exercise novv abstaine,
except thou vvilt in troubles remaine.

i	e	Nichomedes	Sto.	28	11	a	
ii	f	Marcellinus	sagit	11	12	b	
iii	g	Ember week	sagit	24	13	c	● Full moo. the 3. day 50 min. after 8. a clocke in the morning.
iiii	a	Petroci conf.	capri	6	14	d	
v	b	Bonifacius	capri	19	15	e	
vi	c	Melone bish	Aqua.	1	16	f	
vii	D	Trinity sund	aqua	13	17	g	
viii	e	wed. comes in	aqua	25	18	a	
ix	f	Transl of Ed	pisces	7	19	b	
x	g	Innocent con	pisces	19	20	c	☾ Last qua. the 11. day 55. min. after 8. in the morn
xi	a	Sol in Cancer	Arles	1	21	d	
xii	b	Terme begin	aries	14	22	e	
xiii	c	Anthony con	aries	26	23	f	
xiiii	D	1. sun. aft. tr	taur	9	24	g	
xv	e	Vitt & modest	taur	22	25	a	● New moo. the 18. day 49. min. after 7. of the clock at night.
xvi	f	transl Richar.	gemi	5	26	b	
xvii	g	Botolph conf	Gem.	18	27	c	
xviii	a	Marcians	can	2	28	d	
xix	b	Nat. Rex Iac.	cancer	16	29	e	Pete. & Pau
xx	c	Edward transl	Leo	1	30	f	
xxi	D	2. sun. aft. tr	leo	15	1	g	July 1612
xxii	e	Athanas	Virgo	0	2	a	
xxiii	f	Etheldr. fun	virgo	15	3	b	☽ First qu. the 25. day 7 minutes after 11. a clock in the forenoone.
xxiiii	g	Iohn Baptist	virgo	29	4	c	
xxv	a	Eligius tran	libra	14	5	d	
xxvi	b	Fo. & paul	libra	28	6	e	
xxvii	c	Crescens	scorp	12	7	f	
xxviii	D	3. sun. aft. tr.	scorp.	25	8	g	
xxix	e	Peter & Pau	sagit	8	9	a	
xxx	f	Com ✠	sagita	21	10	b	

Now in Iuly dogge daies begin,
The Riuers are best to bath in:
To take hot drinkes be not too bolde,
But vse hearbs which be moist and colde.

i	g	Terme ends	Cap.	3	11	c	
ii	a	Visit of Mary	cap.	15	12	d	
iii	b	Transl of Th.	cap.	27	13	e	● Full mo.
iiii	c	Transl of mar	Aqua.	9	14	f	the 2. day, 47
v	D	4. sun. aft. tr.	aqu.	21	15	g	min: after 9
vi	e	Oct of Peter	Pisce.	3	16	a	of the clocke
vii	f	Martialis	Pis.	15	17	b	at night.
viii	g	Depos of Gri.	pisc.	27	18	c	
ix	a	Cirill bisho	Arie.	9	19	d	☾ Last qua.
x	b	7. byeth. mart.	Ari.	21	20	e	the 11 day, a-
xi	c	Transl of Ben	Tau	3	21	f	bout one of
xii	D	Sol in Leo	Tau.	17	22	g	the clocke in
xiii	e	Priuate Ma	Gem.	0	23	a	the morning.
xiiii	f	Reuert.	Ge.	13	24	b	
xv	g	Eren of Sw	Gem.	27	25	c	James Apost
xvi	a	Transl. Olmu	Cã.	11	26	d	
xvii	b	Kenelm king	Cã.	25	27	e	● Newmoo
xviii	c	Arnolph, mar	leo	10	28	f	the 18 day 54.
xix	D	Dog dayes be	leo	25	29	g	mi. after 3 of
xx	e	Margaret vi	virg	9	30	a	the clocke in
xxi	f	Praxede vir.	virg	24	31	b	the morning.
xxii	g	Marie Mag.	Lib.	9	1	c	Augus
xxiii	a	Apolinaris.	Lib.	24	2	d	
xxiiii	b	Christi. fest	Sco.	8	3	e	
xxv	c	Iames Apost	sco.	21	4	f	☽ First qu
xxvi	D	7. sund. aft. tr	Sa.	5	5	g	the 24. day
xxvii	e	7 sleepers	Sa	18	6	a	3. minutes
xxviii	f	Sampson bi.	Cap.	0	7	b	after 6. of
xxix	g	Felix & his fe	capri.	13	8	c	the clocke at
xxx	a	Abdon & Se.	capri.	25	9	d	night.
xxxi	b	German bish.	Aqua.	7	10	e	

This Moneth of Auguſt take good heede,
For now will many ſurſets breede:
Let little ſleepe thee now content,
if that diſeaſes thou wilt preuent.

i	c	Lammas day	Aqua. 19	11	f	● The full	
ii	d	8 ſu. af. Trin	Piſces 0	12	g	mone the firſt	
iii	e	Inuen. Step.	piſces 12	13	a	day 21. min.	
iiii	f	Iuſtine prieſt	piſces 24	14	b	after eyghte	
v	g	Gourtes can.	Aries 5	15	c	☾ The laſt	
vi	a	Tranſiguratt	aries 19	16	d	quarter the 9.	
vii	b	Feaſt of Jeſus	Taurn 0	17	e	day 24. min.	
viii	c	Clvia. and his	taurn 12	18	f	after 3. of the	
ix	d	9. ſun af. tri.	taurn 25	19	g	clocke in the	
x	e	Lawrence ma	Gemi. 8	20	a	afternoone.	
xi	f	Tiburt mar.	Gemi. 21	21	b	● The new	
xii	g	Sol in virgo	Canc. 5	22	c	mone the 16	
xiii	a	Hippoliti.	canc. 19	23	d	day 39. min.	
xiiii	b	Euſebius	leo 4	24	e	Barth of Apo	
xv	c	Aſſump. Ma.	leo 18	25	f	after 11. of	
xvi	d	10. ſun af. tri.	Virgo 3	26	g	the clocke in	
xvii	e	Oct Laurẽ.	virgo 18	27	a	the forenoone.	
xviii	f	Agapite virg.	libra 3	28	b	☽ The firſt	
xix	g	Magnus mar.	libra 18	29	c	quarter the	
xx	a	Ludouike.	Scorp. 3	30	d	23. day 5.	
xxi	b	Barnard conf	Scor. 17	31	e	min. after 4.	
xxii	c	Oct aſſampt.	Sagi. 0	1	f	September.	
xxiii	d	11. ſ. af. tri. laſt	Sagi. 14	2	g	of the clocke	
xxiiii	e	Barth Apo	Sagi. 27	3	a	in the mor-	
xxv	f	Lewes king	Capri. 10	4	b	ning.	
xxvi	g	Dog day. end	Capri. 22	5	c	● The full	
xxvii	a	Rufus mart.	Aqua. 4.	6	d	mone the 31	
xxviii	b	Auguſt biſhop	Aqua. 16	7	e	day 22. min.	
xxix	c	Decol of Joh	Aqua. 28	8	f	after 4. of the	
xxx	d	12. ſu af. tri.	Piſces. 9	9	g	clocke in the	
xxxi	e	Cuthburg.	Piſc. 21	10	a	morning.	

September hath xxx daies.

Now maist thou Phisicke safely take,
And bleed and bath for thy healths sake:
Eate Figges, and Grapes, and Spicerie,
For to refresh thy members dry.

i	f	Egidius Abb.	Aries 3	11	b	
ii	g	Anthony mart	aries 14	12	c	☾ Last qu.
iii	a	Gregozie	aries 26	13	d	the 8. day 47.
iiii	b	Trans of Cut.	Taur. 8	14	e	min. after 3 of
v	c	Hercules.	taur 21	15	f	the clocke in
vi	d	13. in. af. tri.	Gemi. 3	16	g	the mozning.
vii	e	Nat. reg. Eli.	gemi. 16	17	a	
viii	f	Nati. of Ma.	Cance 0	18	b	● The new
ix	g	Gozgon mar.	cance. 13	19	c	moone the 14.
x	a	Pioth & Jaci	Can. 28	20	d	day 43. min.
xi	b	Martian.	leo 12	21	e	Apamew Apo
xii	c	☌ in libra	leo 27	22	f	after 7. of the
xiii	d	14. in. af. tri.	Virg. 12	23	g	clock at night.
xiiii	e	Exalt croffe	virgo 27	24	a	☽ The first
xv	f	Octa of Mary	libra 12	25	b	quarter the
xvi	g	Ember week.	libra. 27	26	c	21. day 43.
xvii	a	Lambert bish.	Scoz. 11	27	d	min. after 5.
xviii	b	Ticcez.	Scozp 25	28	e	at night.
xix	c	Januarii mar	Sagita. 9	29	f	Micha. Arch.
xx	d	15. in af. tri.	Sagi. 22	30	g	
xxi	e	Matthew Apo	Capric 5	1	a	Detch. 1612
xxii	f	Maurice.	Capr. 18	2	b	
xxiii	g	Tecle virgin	Aquar. 1	3	c	
xxiiii	a	Samuell.	aquar. 13	4	d	
xxv	b	Fermin mar.	aquar 25	5	e	○ The full
xxvi	c	Cipri. & Just	Pisces 7	6	f	moon the 29.
xxvii	d	16. in af. tri.	pisces 19	7	g	day 12. min.
xxviii	e	Cruper. bish.	Aries. 0	8	a	after 9. of the
xxix	f	Michael &c.	Aries. 12	9	b	clock at night.
xxx	g	Hierome priest	Aries. 24	10	c	

October hath xxxi. dayes.

This month hot drinkes and meats be good,
to keepe thy health and nourish thy blood:
Prouide thee warme cloathes and goe dry,
Thou shalt escape much danger thereby.

i	a	Remig. bishop	Tau.	6	11	d	
ii	b	Leodegari	Taur.	18	12	e	☽ Last qu.
iii	c	Candide mar	Gemi.	0	13	f	the 7. day at
iiii	D	17. su. aft. tr.	gemi.	13	14	G	8. min. after
v	e	Appollinarius	gemi.	26	15	a	2 a clocke in
vi	f	Faith virgin	canc.	9	16	b	the afternoon
vii	g	Marc. & Mar	cance.	23	17	c	
viii	a	Pelagius vir.	leo	7	18	d	
ix	b	Termi vegi.	leo	21	19	e	
x	c	Gratian & vic	Virg	6	20	f	
xi	D	18. sun. aft. tr	Virg.	21	21	G	● New moo
xii	e	Wilfride bish	libra	6	22	a	the 14. day
xiii	f	Sol in Scorp.	libra	20	23	b	53 min. after
xiiii	g	Calixtus bish	Scorp.	5	24	c	4. of the clock
xv	a	Wolfran bish	Scor	19	25	d	in the morn
xvi	b	Mich. mount	Sagit	3	26	e	
xvii	c	Etheldred	sagit.	17	27	f	
xviii	D	Luke Euan.	Capri	0	28	G	
xix	e	Frideswide	capri	13	29	a	☽ First qu.
xx	f	Austrobert	Cap.	26	30	b	the 21. day.
xxi	g	Ursula	Aqua.	9	31	c	51 mi. aft. 10
xxii	a	Mary Salo	Aqua.	21	1	d	
xxiii	b	Roman. bish.	Pisces	3	2	e	a clocke in the
xxiiii	c	Maglorie bi.	Pisces	15	3	f	forenoone.
xxv	D	Crispin & Cri	pisces	27	4	G	
xxvi	e	Euarastus	Aries	9	5	a	● Full moon
xxvii	f	Florence fast	aries	21	6	b	the 29 day a
xxviii	g	Simon & Ju	Taurn.	3	7	c	bout two of
xxix	a	Narcissus bi.	Taur.	15	8	d	the clocke in
xxx	b	German bisho	Taur.	27	9	e	the afternoon
xxxi	c	Quintin fast	Gemi	10	10	f	

Nouember hath xxx. daies.

Now maist thou drinke sweete wines freely,
And vse good mirth and Company:
Abstaine from wrath and all enuy.
And vse thy bretheren charitably.

i	D	All Saints	gemin	23	11	G	
ii	e	All soules	Canc,	6	12	a	☽ Last qu
iii	f	Menefride	cance.	19	13	b	the 5. day 32
iiii	g	Amantius	Leo.	3	14	c	min. after 10
v	a	Papists conc.	leo,	17	15	d	a clocke at
vi	b	Leonard abb	Virg.	2	16	e	night.
vii	c	Wilfrid bish.	Virg.	16	17	f	
viii	D	22. sun af. tr	Libra.	1	18	G	● New moo
ix	e	Theodore ma	libr	15	19	a	the 12 day 4.
x	f	Paterni	Scor	0	20	b	min. after 4.
xi	g	Sol in Sagitar	scor,	14	21	c	of the clock in
xii	a	Brice bishop	scorp.	28	22	d	the afternoon
xiii	b	trans. Erken.	Sagi,	12	23	e	
xiiii	c	Macutus	sagi.	25	24	f	☽ First qu.
xv	D	23. sun. aft tr	Ca,	8	25	G	the 20. day
xvi	e	Edmond dep	Cap	21	26	a	45. min. after
xvii	f	S. Hugh	aqua	4	27	b	6. of the clock
xviii	g	Octa Martin	aqua	16	28	c	in the morn.
xix	a	St. Elizabeth	aqua	29	29	d	
xx	b	Edmund Kin	Pis.	11	30	e	Andrew
xxi	c	Present Mar	Pis.	23	1	f	December
xxii	D	24. sun. aft tr	Aries	5	2	G	Aduent sund.
xxiii	e	Clement bish.	Ari,	17	3	a	
xxiiii	f	Grisogon	Aries	29	4	b	
xxv	g	Katherin bi.	Taur.	12	5	c	● Full moo.
xxvi	a	Linus bish.	Taur,	24	6	d	the 28 day,
xxvii	b	Agricola	Gemin.	7	7	e	40 min. after
xxviii	c	Terme ends	gemi	19	8	f	5. of the clock
xxix	G	Aduent sund	canc,	3	9	G	in the morn.
xxx	e	Andrew Apo.	cance.	16	10	a	

December hath xxxi dues.

This Month as I doe now remember,
The twenty fiue of this December,
Our Sauiour Christ was borne that day,
That we might praise his name alway.

i	f	wedg. goe out	Leo	0	11	b	☽ Last qu.
ii	g	Libanus	leo	14	12	c	the 5. day a
iii	a	Barbara	leo	28	13	d	bont 6 a clock
iiii	b	Dimond bisho	Virg	12	14	e	in the morn.
v	c	Sabba Abbo	virgo	27	15	f	
vi	D	2. sund. in ad	Libra	11	16	G	
vii	e	Oct. S. And	Libra	26	17	a	● New moo
viii	f	concep. of M.	Scor.	10	18	b	☽ 12. day hal
ix	g	Joachim	scorpi	24	19	c	an houre afte
x	a	Eulalie virg	Sagit.	7	20	d	5. a clocke in
xi	b	Solin Capric.	sagit,	21	21	e	the morning.
xii	c	Paul bishop	Capri.	4	22	f	
xiii	D	3. sund. in ad	Capri	17	23	G	
xiiii	e	Otholy virg.	capric	29	24	a	
xv	f	Valerius bish	Aquar	12	25	b	Christmas da
xvi	g	Emmer weike	aquar	24	26	c	S. Stephen
xvii	a	Lazarus bisht	pisces	6	27	d	S. John
xviii	b	Gratianus bi	pisces	18	28	e	Innocents
xix	c	Venetia virg	Aries	0	29	f	
xx	D	4. su in a. fast	aries	13	30	G	☽ First qu.
xxi	e	Thomas Ap.	aries	25	31	a	the 20. day
xxii	f	30 martyrs	Taur	7	1	b	Janua 1613
xxiii	g	Victor virg	taurū	20	2	c	53. min. aft.
xxiiii	a	Adā & E. fast	Gemin	2	3	d	3. of the clock
xxv	b	Christmas d	gemin	15	4	e	in the morne.
xxvi	c	S. Stephen	gemi.	28	5	f	● Full moo
xxvii	D	S. John	Canc	12	6	G	the 27. day,
xxviii	e	Innocent	cance	26	7	a	36. min. afte
xxix	f	Thomas Bec.	Leo	10	8	b	7. of the clock
xxx	g	Dauid	leo	24	9	c	at night.
xxxi	a	Siluester bish	virgo	8	10	d	

Neue. 1612.

A Prognostication seruing for the yeare of our Lord God and Sauiour Iesus Christ. 1612.

¶ Wherin you may behold and obserue, the grounds of the alteration and condition of the foure quarters of this yeare, and also the estate and disposition of the ayre, for each seuerall day, according vnto the inclination of the Celestiall bodyes, with the change of the Moone, and the time of the Eclipses, and other necessary obseruations, conuenient in such a worke to be noted.

Calculated, and especially referred, to the longitude and Eleuation of the Pole Artick, of the famous towne of great Yarmouth, in Norfolke, and may serue indifferently for all England.

By Ieffery Neue, Practicioner in Phisick and Chirurgery.

A neceſſary rule to know the beginning and ending of euery Tearme, with their Returnes.

¶ Hillarie Terme **beginneth the 23. daie of January, and endeth the 12. of February, & hath foure returnes.**

Octabis Hillarij. } { Craſtino Purifica.
Quind. Hillarij. } { Octabis Purifica.

¶ Easter Terme **beginneth 17. daies after Easter, and endeth the Munday next after Assention day. And hath fiue Returnes, that is to say.**

Quind. paſchæ. } Menſe paſchæ. { Quinque paſchæ.
Tres paſchæ. } { Craſti Aſcention.

¶ Trinitie Terme **beginneth the Friday next after Trinity Sunday, and endeth the Wednesday fortnight after. And hath foure Returnes, that is to say.**

Craſti Trinitatis. } { Quind. trinitatis.
Octabis Trinitatis. } { Tres trinitatis.

¶ Michaelmas Terme **beginneth the 9. day of October, and endeth the 28. of November. And hath 8. Returnes, that is to say.**

Octabis Michael. } { Craſt. Animarum.
Quind. Michael. } { Craſt. Martinij.
Tres Michael. } { Octabis Martinij.
Menſe Michael. } { Quind. Martinij.

¶ **Note also that the Exchequer openeth eight daies before any Tearme beginne, except Trinity Tearme, in which it openeth foure daies before.**

¶ **On these daies following, the Iudges sit not at Westminster.**

In { Hillary / Easter / Trinity / Michaelmas. } Terme, on { Candlemas / Ascenſion / Midſomer. / Alholland } day

Certaine profitable Rules and briefe obſeruations, concerning Husbandrie.

The beſt time to ſow all kinde of Corne is, when the moone goeth her courſe in Cancer.

The beſt time to plant and Graft, when the moon is in a fired ſigne, eſpecially in Taurus or Aquarius, in the increaſe of the moone, which is betweene the change and the full.

To ſet or ſow all kind of ſeedes, the moone beeing well ſeated in Aries, Taurus, Cancer, Virgo, Libra, Capricornus, Aquarius, or Piſces.

Fell timber to build withall, when the moone is towards the laſt quarter, ſhe being then in Aquarius or Piſces.

Crop trees and fell wood to burne, that the ſtocke may the better and ſooner grow againe, when the moone is in the firſt quarter.

Remoue and ſet young trees, in the laſt quarter of the Moone, in Taurus or Capricornus, and that in the months of September, October, Nouember, and Februuary.

The beſt time to geld cattell, the moone being in Aries, Sagitarius, or Capricornus.

The beſt time to cut Vines, is in Februuary or March, the Moone increaſing in Taurus, Virgo, or Libra.

The beſt time to ſheare ſheepe, is in the increaſing of the Moone, that is from the change to the full.

To cut haire, that it may the ſooner growe againe, the Moone increaſing in Taurus, Virgo, or Libra.

To mucke your Land, that the weeds may not grow thereby, is in the decreaſing of the Moone, that is from the full to the change.

Briefe

¶ Briefe Rules and neceſſary Obſeruations, concerning Bleeding, Bathing, Purging, and Sweating, according to the motions of the Moone.

When the weather is eyther extreamly hot or cold, it is not then conuenient, either to let bloud or to purge, vnleſſe ſome great neceſſity do require it: yet notwithſtanding if this bloud-letting be for the Phrenzy, the Peſtilence, the Squinancy, the Pluriſie, the Apoplexy, for a continuall headach, proceeding of Choller or bloud, or for any hot burning feauer, or other extreame paine, a man in ſuch a caſe, may not tarry a choſen time, becauſe the patient might miſcarry in the meane ſeaſon. But in this foreſayd caſe of extreamity, bloud is not to be let in ſuch quantitie, as otherwiſe it would, if a choſen time might conueniently be expected.

The beſt time to let the Phlegmaticke bloud, is when the moone is in Aries, or Sagittarius, the head & thighs excepted.

For the Melancholly, the moone being in Libra or Aquarius, the buttockes and legs excepted.

For the Chollerick, the moone being in Cancer, Scorpio, or Piſces, the breaſt and feete excepted.

For the Sanguine, all be good which before is named.

In the Spring time, let bloud at the right ſide.

In Haruеſt time, let bloud at the left ſide.

For Bathing.

The beſt Bathing generally, when the Moon is in Aries, Leo, & Sagitarius, and that two or three daies after the change, and at the full of the Moone: for then the ſuperfluities are ripe and ready to auoyde iſſue, and flow out, &c.

If any will enter into the Bath for cleanlineſſe ſake, let be done, the moone being in Libra or Piſces.

For

For Purging.

In Purging theſe fiue thinges ought to be knowne.

1. The Humor which aboundeth.
2. The way beſt to auoid it.
3. The ſtrength of the perſon.
4. The manner of the ſickneſſe.
5. The force and nature of the medicine.

For when theſe thinges are not conſidered & obſerued, many perilous accidentes may followe, and greatly grieue and hurt the body.

Good Signes for Purging generally, are Cancer, Scorpius, and Piſces.

Particularly, as with potions or drinks, in Scor.

Purge with Electuaries, the Moone being in Cancer.

Purge with Pilles, the moone being in Piſces.

Take Preparatiues, the moone in Aries, Leo, or Sagit.

Take vomits, the moone in Leo, Aries, Capricornus.

Take Gargariſes, the moone in Aries, Cancer, or Cap.

Take Gliſters, the moone in Libra or Scorpio.

To prouoke Neſings, the moone in Cancer, Leo, or ♎.

To ſtop Fluxes, Rheumes, and Lares, the Moon being in Taurus, Virgo, or Capricornus.

Good to comfort the vertue Attractiue, the moone in Aries, Leo, Sagittarius.

Good to comfort the vertue Digeſtiue, the moone in Gemini, Libra, or Aquarius.

Good to comfort the vertue retentiue, the Moone in Taurus, Virgo, Capricorne.

Good to comfort the vertue expulſiue, the Moone in Cancer, Scorpio, and Piſces.

For Sweating.

THe beſt and meeteſt ſignes to ſweat in, are Leo, Aries and Sagittarius, and that two or three daies after the change, and at the full of the Moone. And note, that ſweating, it is better to be done at ☽ euening then in the morning: for when the body hath nourishment within, the ſpirites ſhall not vaterly bee drawne forth to the extreame parts. Note further, that leane and dry folkes or feeble perſons, muſt ſweat little, for it will hurt them much: But fat folkes may ſweat well, and it will help them much.

¶ Of the Eclipſes which ſhall happen this preſent yeare of our Lord God. 1612.

THere ſhall appeare, and be preſented vnto our ſight, (vpon this our Tereſticall Globe) this yeare of our Lord God 1612. foure Eclipſes of the two great lights of Heauen: two of the Sunne, and two of the Moone: whereof the firſt of the Sunne and Moon ſhal be apparent in our Horizon. But the latter of the ſunne and Moone, ſhall happen in Countries far diſtant from vs, therefore I omit for to make any farther relation of them.

Of the Eclipſe of the Moone.

VPon the fourth day of May, being Munday, there will ſenſibly and viſibly appeare in our Horizon, 21 minutes after nine of the clocke at night, the Moone depriued of part of her borrowed light of the ſun, by reaſon of the earths interpoſition, betweene them, ſhe being at that inſtant diametrally oppoſite vnto the ſunne (neere Cauda Draconis) in a ſigne of the watterry triplicity, naturally cold and moyſt, of complexion flegmaticke, feminine, nocturnall, &c. This Lunary obſcuration will be from the beginning to the end two houres, and 54 minuts, &c.

Of the Eclipſe of the Sunne.

BY reaſon of the body of the Moon, being placed betweene our ſight and the light of the ſunne, we ſhal perceiue a manifeſt eclipſe or hinderance of the ſuns light, which will be hidden from our ſight, the twentith of May, ſixteene minuts after tenne of the clocke in the forenoone, being ioyned with the Moone (neere Caput Draco-

Draconis) in Gemini, &c. This defect of the Sunne, (according to the opinion of the beſt Writers) threatneth moſt perilous euents in the world (as Meſſahalath ſaith) whenſoeuer the ſunne is Eclipſed, it cannot bee but ſome great change muſt followe according to the greatnes of the Eclipſe, except God wonderfully worke the contrary at his pleaſure: as for the effects I leaue to ſpeake of at this time.

¶ A Deſcription of the foure quarters of this yeare of our Lord God, 1612.

¶ Of Winter.

WInter (which is the chiefe capitall foe for the frying, the diſgrace of Summer, and the deepe deuourer of the fruitfull Harueſt) began to take his effects (according to our vſuall Computation) the 12, of December, in the yeare aforegoing, at the firſt entring of the ſunne into the firſt minute of the ſigne Capricornus, at which time the ſun ſhalbe at his greateſt ſouth declination frō the Equinoctiall line, ſo that hee riſeth South-eaſt, and ſetteth South-weſt. Now is the Hiemall or Winter Solſtice, for the ſunne is ſo far remoued from our Zenith or verticall point, that he can decline no further, and ſtandeth at a ſtop and ſtay, and euen then is the ſhorteſt day and longeſt night in the yeare, and ſo this Winter Quarter doth continue vnto the tenth of March next enſuing.

Touching the inclination and diſpoſition of the weather for this quarter, I am induced to iudge generallie, that we are like to haue many ſharpe Frоſtes, and great winds, and much ſtormy moyſture, eſpecially in Februarie.

This quarter is by nature cold and moist, vnpleasant for the most part to trauellers, either by Land or Sea, and vnto aged persons it is very cumberous and noisom, causing superfluity of rawnesse, and aboundance of colde moistnesse to ouerflow their bodies, to their great trouble and disquietnesse, &c.

The diseases most like to afflict mens bodies, will bee diuers Quotidian Agues, and grieuous diseases, sorenesse and stopping of the breast, Apostumes of the lungs, weaknesse and feebleneſse of the stomack, Rheumes, Apoplexies, Coughes, Poses, Hoarsenesse, Catarres, Gouts, Palsies, distillation into the subiect parts of the body, as into the stomacke, Lungs, Raines, and ioynts, gripings of the belly and guts, much paine in the Kidnies and bladder, numbnesse of the members, &c. The Lord of his infinite mercy turne all euils away from vs, Amen.

Of the Spring.

THe Sunne (which is the eye of the world, the fountaine of light, and the chiefe moderator of all the rest of the lights) hath like a Gyant run his race, and finished his reuolution (Gradatim) throughout the 12. Signes, and now beginneth his iourney afresh againe, & goeth an euen course, and so becomes an indifferent Arbiter betweene the day and the night, and maketh an equality throughout his whole gouernment, to the great ioy and comfort of all his reuiued Subiectes, thearing with his splendant countenance, the poore afflicted weatherworne weeds of this our darke starre of mortality (which the darkened countenance of the Winters extreamitie, hadde almost subdued) with his most excellent presence, whereat the earth begins to smile and to put on her new apparell, the flourishing liuery of fresh Flora. Whose liberall proceedings, will be often hindred with vnkind moysture, great winds, and other distem-

perature

peratures, to the damage, hurt, and hinderance, of all ſoꝛtes of budding, blooming, and ſpꝛouting things.

This ſeaſon is naturally hot and moiſt, the moſt temperate time in all the peare, and the leaſt breeder of ſickneſſe, that doth pꝛocure death, and a conuenient time foꝛ the remouing of ſickneſſes and griefs gotten befoꝛe, and alſo to auoyd and pꝛeuent thoſe that are to come, foꝛ now the dull ſences and Spirites of Men and other creatures are quickned and reuiued, and therefoꝛe the humoꝛs which do abound and are ready to repꝛeſſe nature, are readieſt to be emptied and auoyded, whether by bloud-letting, purging, oꝛ otherwaies, as the learned Phiſition ſhall aduiſe, and as the cauſe of the diſeaſe ſhall require: Such therefoꝛe as are diſeaſed, let them not neglect this time.

Sundꝛy ſoꝛts of ſickneſſes, and deadly Maladies, are threatned this quarter, as paines in the head & eies, hot Agues, bleeding at the Noſe, Impoſtumes in the head & ſtomacke, the Pleuriſie, & Peripneumonia, many putrid and doubtfull Feauers, ſmall Poxes and Meaſels, many kind of Scabs and itching, Tetters, Biles and ſwellings in diuers parts of the Body, Iaundies, obſtructions in the Liuer, with much coꝛꝛuption of bloud.

Let vs call vppon the Almighty, which is the maker and gouernour of all thinges, that hee may bee mercifull vnto vs, and foꝛgiue vs our ſinnes, and giue vs grace to amend our wicked liues, which is the cauſe of all coꝛꝛections and puniſhments iuſtly layd vpon vs.

Of the Summer.

SUmmer the third part of our vulgar peare, according to our vſuall computation, beginneth now when the Sunne hath fully determined the fyꝛing time, with the laſt Grade of Gemini, and hath mounted in his motion to the higheſt point of his courſe: namely, to the firſt degree

degree of Cancer, which will bee this yeare the 11. of June, beeing Thursday: and Saint Barnabes day. Now is the second Solstice of the yeare, called the Estiuall or Summer Solstice: for euen as the sunne when hee entered into Capricorn, hath his greatest south declination from the Equinoctiall line: so now at his ingresse into the beginning of Cancer, he hath his greatest declination towards the North, from the said Equinoctial line. And euen then as at the time of the Winter Solstice, hee was so farre remooued from our verticall point, that he could moue no further towardes the south, and was therefore to approach againe towardes our North Latitude, at which time hee seemeth to stand: so now being come so neare our Zenith, that hee cannot moue no further towards the North, and is therefore to reuert againe towardes the south Latitude, at his first going from vs hee seemeth also to stand: Insomuch, that euen as before at his returne towards vs, hee made with vs the shortest day and longest night in the yeare: so now at his returne from vs, hee maketh contrariwise, the longest day and shortest night in the yeare, and afterwardes declineth daily more and more from vs, like as before hee moued more and more towards vs.

This season according to his proper Nature, is hotte and dry, turning the humors of mens bodyes from coldnesse and moysture, into hotnesse and drinesse, resembling the Element of fire, and complection of Choller, bringing all fruites to their ripenesse, Cattle to their fatnesse, and men to their wealth.

Touching the particular inclination of the weather, I referre you vnto my daily disposition.

The infirmities of this season are hot burning feauers, immoderate Sweats, Frenzies, paine in the head, blisters in the mouth, hot impostumes of chollerick humors, inflamations of the Raines, Pluriſies, sharpe scalding of the vrin, especially to them that are of Chollerick complexion, the heat of blood will cause dangerous diseases, which the Lord of his mercy turne from his elect.

Of

Of the laſt quarter called Autumne.

AUtumne (according to our accuſtomed Computation) the laſt quarter of this leap year, beginneth at the ſuns departure from the laſt ſcruple of Virgo, into the firſt degree of the ſecond Equinoctiall ſigne Libra, which will bee this yeare vppon the twelfth day of September, being Saturday, the day and night being of an equall length, as in the Spring: At which time is the Autumnall equinoctiall for euen as at the ſuns enterance into Aries, the day by increaſing from the Winter Solſtice till then, came to bee equall with the night, going on ſtill more and more till the ſummer Solſtice, when was the longeſt day and ſhorteſt night: So now, the night by increaſing from the Eſtiuall Solſtice, to this the ſunnes ingredience into Libra, hath got to be equall with the day, and ſhall encreaſe more and more till the Brumall Solſtice come againe, when the night is longeſt and the day ſhorteſt, and this time of the year is of it ſelfe vnconſtant, and variable, warm in the day time, and cold in the night.

Touching the particular inclination of this quarter, I thinke it will be ſomewhat diſtemperate with many vnexpected haſtes. and ſtormy moyſture, making of it raw, cold and vnconſtant, for trauellers, either by Land or Sea.

The ſicknelles and diſeaſes which will be incident vnto this quarter, are paine in the ſides, oppilations of the Spleene, vnkind colds, Quartaine Agues, difficult of breathing, obſtructions in the Liuer, blacke Jaundies, Hemeroides, Dropſies, Goutes, falling ſickneſſe, Conſumptions, ach in the bones and Jointes, with many melancholy diſeaſes.

¶ *A declaration of the inclination and disposition* of the weather and winds, according to the diuers motions and influences, of the Erraticall and fixed ſtars: with the day, houre, and minute of the change of the Moone, her full, and quarters: and alſo of the riſing & ſetting of the Sun, in euery ſeauenth day of euery month of this yeare of our Lord God. 1612.

¶ Of Ianuary.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	howre 8 and 3 minuts	howre 3 and 57 minuts.
7	howre 7 and 56 minuts	howre 4 and 4 minuts.
14	houre 7 and 46 minuts	howr 4 and 14 minuts.
21	houre 7 and 34 minuts	houre 4 and 26 minuts.
28	houre 7 and 23 minuts	houre 4 and 37 minuts.

The firſt and 2. ſubiect to wind and ſtormes, the 3. 4. 5, 6. and 7. dayes cold and vnconſtant. Full Moon the 8. day, ten minuts after fiue of the clock in the morning, ſome raine or ſnow, the 9. frоſty, the 10. ſome ſtorm to be feared, the 11. 12 and 13 daies ſitting the ſeaſon. The laſt quarter the 14. day, halfe an houre after nine of the clocke at night, the 15. 16. and 17. winterly weather, the 18. 19, 20 and 21. daies lowring and vncertain, The new moon the 22 daie, halfe an houre after 8. of the clock at night, the 23 and 24 windy freezing, the 25, 26, and 27 daies ſome fall of moyſture, the 28. and 29. apt for the time. The firſt quarter the 30 day, ten minuts after ten of the clocke at night, and 31. ruffling ſky.

In this Month of Ianuary let not bloud, neither ble but little Phiſicke, except neceſſity conſtraine thee, and beware of taking cold, for in this month, Rheumes and Fleume do much increaſe, to faſt long is hurtfull, but to drinke white-wine faſting is good and wholeſome. Alſo to take euery morning roaſed hony a little quantity 3.

houres

houres before meate, will comfort the stomacke and cleanse the body of Cholle and fleume, vse meates and drinkes that are naturally hot, moderately, and weare warme cloaths.

¶ Of February.

Day	The Sun riseth.	The Sun setteth.
1	hou. 7 and 13 min.	houre 4 and 47 min.
7	hour 7 and 4 min.	houre 4 and 56 min.
14	hou. 6 and 50 min.	houre 5 and 10 min.
21	hou. 6 and 34 min.	houre 5 and 26 min.
28	hou. 6 and 22 min.	houre 5 and 38 min.

The 1. and 2. daies frosty, the 3. 4. and 5. some change. The full moone the 6. day, 44 minutes after three of the clocke in the afternoone, the 7. and 8. some storme to be expected, the 9. 10. 11 and 12 some fall of moysture. The last quarter, the 13 day, 40. minuts after 11. of the clock in the forenoone lofty winds, the 14. and 15. some-what milder weather, the 16. 17, 18. 19 and 20. daies windy and stormy. The new moon the 21. day, 12 minuts after three of the clocke in the after-noone, in like manner, the the 22. 23, 24 and 25. dayes fitting the season, but somewhat windy. The first quarter the 29 day, 54 minutes after ten of the clocke in the forenoon subiect to storms.

In this moneth of Febzuary, all thinges that doe opilate, stoppe, or thicken the bloud, are to bee refrained: and yet forbeare Phisicke and letting of bloude, except great necessity do constraine it, and learned counsell do advise it. Beware of taking cold, for Agues now are easily got, &c.

¶ Of

¶ Of March.

Day	The Sun riseth.	The Sun setteth.
1	hou. 6 and 20 min.	houre 5 and 40 min.
7	hou. 6 and 8 minut	houre 5 and 52 min.
14	hou. 5 and 54 min.	houre 5 and 6 min.
21	hour 5 and 40 min.	houre 6 and 20 min.
28	hour 5 and 26 min.	hour 6 and 24 min.

The 1. and 2. some shewers, the 3. 4. 5 and 6 daies faire and windy. Full Moone the 7 day, 22 minutes after one of the clock in the morning, the 8, and 9 answerable to the time, the 10. 11 12 and 13 daies some cold stormes. The last quarter the 14 day, 7 minuts after 4. of the clocke in the Morning, the 15, and 16 good weather, the 17. 18. and 19 daies windy and wauering, the 20 and 21 inclyned to moisture. New moon the 22. day, 14 minuts after 8. of the clock in the morning, and 23 not vnlike the former, the 24 and 25 daies indifferent, the 26, 27 and 28. windy and vnconstant. The first quarter the 29. day, 43 minuts after 7 of the clocke at night, the 30. and 31 some overcasting clouds for raine.

In this Moneth of March, the humours of mans body begin to increase: and nowe grosse feeding breedeth grosse blood and grosse humors: wherefore nowe (in milde and warme weather) it is good to purge and clarifie the blood by Potions, Bathings, & Blood-letting or such other waies, as the learned Phisition shall appoint, and as the cause of the disease shall require.

¶ Of

¶ Of Aprill.

Day	The Sun riseth.	The Sun setteth.
1	hou. 5 and 18 min.	houre 6 and 42 min.
7	hour 5 and 6 min.	houre 6 and 54 min.
14	hou. 4 and 54 min.	houre 7 and 6 min.
21	hou. 4 and 39 min.	houre 7 and 21 min.
28	hou. 4 and 29 min.	hour 7 and 31. min.

The first faire, the 2. 3, and 4. stormy. The full moon the 5 day, at 11 of the clock in the forenoone, the 6, 7, and 8. some Aprill shewers, the 9. 10 and 11 apt for the season. The last quarter the 12. day, 44. minuts after nine of the clocke at night, 13, 14, & 15, not unlike the former, the 16 17, 18 and 19 some overcasting cloudes. New moone the 20. day, 30 minuts after ten of the clocke at night, 21, 22, 23, 24, 25, 26, and 27, daies all likely to prove windy and stormy. First quarter the 28 day, 41 minuts after one of the clocke morning, the 29 and 30 daies still mutable and unconstant.

In this Moneth of Aprill, the pores of men are opened, and are apt to receiue Phisicke: and they that now refuse the same, I commit them to the benifite of Nature, for of all times of the yeare, this is the best time to prevent causes of sicknesses, or [illegible] speedy remedie in extreamities: for now nature her selfe dooth renew strength through all the body. So where sickenesse happeneth, shee soone unburdeneth by the meanes of Phisicke: wherefore what it cannot doe now, hereafter it will hardly be done, therefore take time whilst time is, &c.

¶ Of

¶ Of May.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 23 min.	hour 7 and 37 min.
7	hou. 4 and 15 min.	hour 7 and 45 min.
14	hou. 4 and 5 min.	hour 7 and 55 min.
21	hou. 3 and 56 min.	houre 8 and 4 min.
28	hou. 3 and 50. min.	hour 8 and 10 min.

The first, second, and third daies faire May weather. Full moone the 4. day, 21 minuts after 9 of of the clock at night, the 5 and 6 some fall of moysture, the 7, 8, and 9 pleasant weather, the 10 and 11 windy & cloudy. Last quarter the 12. day 36, minutes after 3. of the clocke in afternoone, the 13. and 14. vnconstant, the 15. 16. 17, 18. and 19. daies fitting the season. New moone the 20 day 16 minuts after ten of the clock in the forenoone, and 21 somewhat windy, the 22. and 23 some shewers, the 24, 25. and 26. soultry hot. The first quarter the 27. day, 16 minuts after sixe of the clocke in the morning, and 28 windy, the 29, 30. and 31 daies, fitting the season.

In this month of May rise early, for May dooth not loue no sluggards. And let such as be in health and able, walke into the fieldes, and eate and drinke a little betimes: and abstaine from such Meates as bee hot of nature. And for such as be sicke, it is a very good time to be let blood, or to take Phisicke. Such as bee whole, God keepe them in health: and such as bee sicke, God send them good Phisitians and Phisicke.

¶ Of Iune.

Day	The sunne riseth.	The sunne setteth.
1	howre 3. and 49. min.	howre 8 and 11 minuts.
7	howre 3. and 46. min.	howre 8 and 14 minuts.
14	howre 3. and 47. min.	howre 8 and 13 minuts.
21	howre 3. and 49. min.	howre 8 and 11 minuts.
28	howre 3. and 52. min.	howre 8 and 8 minuts.

The

The first, and 2 stormy. Full moone the 3 day, fifty minuts after eight of the clock in the morning, not vnlike the former, the 4, 5, 6, 7, and 8 daies seasonable, the 9 and ten ouer-casting Clouds. The last quarter the 11. day, 55 minuts after 8. of the clocke in the morning, the 12, 13, 14. & 15. daies pleasant weather, the 16 and 17 some change. The new moone the 18 day, 40 minuts after seuen of the clocke at night, and 19 and 20 vnconstant, the 22. 22. 23. and 24. sommers weather. The first quarter the 25 day, seauen minuts after 11 of the clock in the fore-noone, and 26 many white dispierced clouds, the 27, 28, 29 and 30. daies, lowring and vncertaine.

In this Moneth of June, if thou must needes vse Phisicke, take it early in the Morning, that it may haue wrought before the heate of the day: and vse a light or thinne diet, for the stomacke is not now so able to digest as in winter, or some other of the former Monthes. It is very good and conuenient for some to drinke clarified Whay boyled with cold Hearbes, and to abstaine from ouer violent exercises.

¶ Of Iuly.

Day	The Sun riseth.	The Sun setteth.
1	hou. 3 and 54 min.	houre 8 and 6 min.
7	hou. 3 and 59 min.	houre 8 and 1 min.
14	hou. 4 and 7 minut	houre 7 and 53 min.
21	hour 4 and 20 min.	houre 7 and 40 min.
28	hour 4 and 30 min.	houre 7 and 30 min.

The first day faire. The full moone the second day, 47. minuts after nine of the clock at night, and third not vnlike the former, the 4 vnconstant, the 5. 6. 7. and 8. daies all like to proue hot and pleasant, the nine and ten daies some heat drops. The last quarter the 11. day, about one of the clocke in the morning, and 12 and 13 daies apt for

the time, the 14. 15. 16. and 17 somewhat windy. New moone the 18 day, 54 minutes after thrice of the clocke in the morning, the 19, and 20 daies very hot, the 21, 22, and 23 many white dispierced cloudes. The first quarter the twenty foure day, three minutes after three of the clock at night, and 25 and 26 somewhat casting Cloudes, the 27, 28, 29, 30 and 31 daies, all likely to proone faire and pleasant.

In this Moneth of July, vse cold Hearbs, and cold Meats, abstain from Phisicke, and extream exercises: And now the riuers are more wholesome then the baths.

¶ Of August.

Day	The Sun riseth.	The Sun setteth.
1	hou. 4 and 36 min.	houre 7 and 24 min.
7	hou. 4 and 48 min.	houre 7 and 12 min.
14	hour. 5 and 0 min.	houre 7 and 0 min.
21	hou. 5 and 16 min.	hour 6 and 44 min.
28	hou. 5 and 27 min.	hour 6 and 33 min.

Full moone the first day, twenty one minuts after high noone, and second faire, the third, fourth, and fift, some stormes, the sixt, 7. and 8. pleasant weather. Last quarter the ninth day, 24 minuts after three of the clock in the after noone, and 10 windy, the 11, and 12 some fall of moysture, the 13. 14 and 15 daies mutable & vncertain. The new moone the 16 day, thirty nine minuts after 11. of the clocke in the fore-noone, and 17 in like manner to the former, the 18, 19, and 20 daies subiect to wind, the 21 and 22 inclined to moisture. The first quarter the 23. day, five minuts after foure of the clocke in the morning windy, the 24. 25 and 26 seasonable, the 27, 28, 29, and 30, inclined to ruffeling winds and raine. The full moon the thirty one day, 22 minuts after foure of the clock in the morning some fall of moisture.

In

In August moderate diet is good Phisicke, for now it is very dangerous to surfeit: and take good hæde of heates and then colds, for nothing sooner engendereth Plurisies. And vse not to sleepe much, and especially after noone, for making Opilations, and for auoyding of Agues, and the Headach, and Cathares. And let a man abstaine from phisick this month, except great necessity compell him.

¶ Of September.

Day	The sunne riseth.	The sunne setteth.
1	howre 5 and 34 minu.	howre 6 and 26 minutes
7	howre 5 and 46 minu.	howre 6 and 14 minutes
14	howre 6 and 2 minuts	howre 5 and 58 minutes
21	howre 6 and 16 minu.	howre 5 and 46 minutes
28	howre 6 and 28 minu.	howre 5 and 32 minutes

The first, second, third, and 4. windy and vnconstant, the 5. 6. and 7 dates some storm to be feared. Last quarter the 8 day, 47 minutes after three of the clocke in the morning, and 9 and ten some rainny shewers, the 11, 12 and 13 dates somewhat better. New moone the 14 day, 43 minuts after 7 of the clocke at night, the 15. 16. and 17. very good weather, the 18. 19. and 20 dates stormy moysture. First quarter the 21 day, forty three minutes after fiue of the clocke at night, the 22 and 23 cloudy, the 24. and 25. faire, the 26. 27. and 28. dayes some change. Full moone the 29 day, 12 minuts after nine of the clock at night, and 30 apt for the time.

In this month of September, such as haue need may safely take Phisicke, and also may bath and blæde. In this month all things are in their proper vertue. And such fruits as are ripe, and not infected, are good to eat, for such as haue good stomacks.

¶ Of October.

Day	The sunne riseth.	The sunne setteth.
1	howre 6 and 34 minu.	howre 5 and 26 minuts
7	howre 6 and 46 minu.	howre 5 and 14 minuts
14	howre 7 and 0 minuts	howre 4 and 0 minutes
21	howre 7 and 15 minu.	howre 4 and 45 minuts
28	howre 7 and 26 minu.	howre 4 and 34 minuts

The first, 2, and 3. dayes answeraele to the time, the 4, 5 and 6 vnconstant. The last quarter the seaventh day 8 minutes after two of the clocke in the afternoone, and 8 inclined to moysture, the ninth faire, the tenth a storme to be looked for, the 11, 12 and 13 lowring & vncertaine. New Moone the 14. day, 52 minutes after four of the clocke in the morning, the 15, some rayne, the 16. temperate, the 17 distemperate, the 18. 19, and 20 dates seasonable. First quarter the 21 day, 51 minuts after ten of the clocke in the forenoone vnconstant, the 22 and 23 reasonable faire, the 24, 25. and 26 some windes, the 27 and 28 indifferent weather. Full Moone the 29 day, about two of the clock in the after-noone, and 30 and 31 lofty winds.

In this month of October, thou mayst take Phisicke, and also bleed and bath if occasion serue, vse hot meates and drinks to nourish thy self with good bloud: and beware of taking cold, because the Quartaine Ague will be apt to be taken, and such other dangerous diseases.

¶ Of Nouember.

Day	The sunne riseth.	The sunne setteth.
1	howre 7 and 33 minuts	howre 4 and 27 minuts
7	howre 7 and 42 minuts	howre 4 and 18 minuts
14	howre 7 and 52 minuts	howre 4 and 8 minutes
21	howre 8 and 3 minutes	howre 3 and 57 minuts
28	howre 8 and 9 minutes	howre 3 and 51 minuts

The

The firſt faire, the 2. 3 and 4 daies ſome raine. Laſt quarter the 5 day, 32 minuts after tenne of the clocke at night, the 6 and 7. ruffeling ſky, the 8 and 9 roſty, the ten and 11 daies ſome change. New moone the 12 day, 4 minuts after foure of the clock in the afternoone, the 13 and 14 cold ſtormy weather, the 15, 16, and 17, dayes cloudy, the 18 and 19 froſty, Firſt quarter the 20 day, 45 minuts after ſixe of the clocke in the morning, the 21 ſtormy weather 22, 23. 24 and 25 daies in like manner, the the 26 and 27, freezing. The full Moone the 28 day, 40 minuts after fiue of the clocke in the morning, the 29, 30 and 31 dayes, winterly weather.

In November knith the Whicke that yee meane to take, and ſo reſt till March, except ſom great neceſſity cõpell thee, vſe good meats and wholeſome Wine to nouriſh thy bloud: prouide thee warme clothing, and go dry of thy feet, or elſe make ſure account of rheume & poſe, beſides ſome other inconueniences that will enſue, &c.

¶ Of December.

Day	The ſunne riſeth.	The ſunne ſetteth.
1	howre 8 and 12 minu.	howre 3 and 48 minuts.
7	howre 8 and 14 minu.	howre 3 and 46 minuts.
14	howre 8 and 15 minu.	howre 3 and 45 minuts.
21	howre 8 and 12 minu.	howre 3 and 48 minuts.
28	howre 8 and 7 minu.	howre 3 and 53 minuts.

The firſt and ſecond inclined to moyſture, the 3 and 4. windy freezing The laſt quarter the 5. day about ſix of of the clocke in the morning, the 6.7.8. and dayes winterly weather. the 10 and 11 in like manner. New moon the 12 day, halfe an houre after fiue of the clocke in the morning, the 14, 15 and 16 dayes vnconſtant, the 17 windy, the 18. and 19 daies ſeaſonable. The firſt quarter the 20 day, 53 minut after three of the clock in morning end 21, ouercaſting clouds, the 22, 23, 24, 25 and 26 dayes windy and ſtormy. Full the 27 day, 36. minute.

after seauen of the clocke at night, and 28 some fall of moysture, the 29, 30, and 31 cold and frosty.

In this month of December, keepe thy body and head from cold, and eate such meates as bee of hot quality, abstaine from Phisick, and let thy Kitchen be thy Apothecary, warme clothing thy Nurse, merry company thy Keepers, and good holsomality thine exercise.

A Precaution and aduertisement, made for euery month of this yeare of our Lord God 1612. declaring the dangerous daies and nights to take any sickenesse, or to be sicke in: whereby euery man may take heed to himselfe, and so prouide in time for speedy remedy.

¶ Of Ianuary 1612.

The fourth day and the fift day till midnight dangerous the tenne and 11 day and all night, vntill the next day at noone, the 16. day and all night in like manner, the 19 day also dangerous, the 24 day till midnight, the 27 day also very dangerous, the 31 in like sort.

¶ Of February 1612.

The third day and the first day and all night till the next day at noone, the 9 day and all night daungerous, the 13. daie in like manner, the 17 day also, the 20 daie and all night, till the next day at noone dangerous, the 25 and the 28 day in like sort dangerous.

¶ Of March 1612.

The third day and the fift day, and most part of the night, the ninth day and all night, the 11. day and all night till the next day at noone, the fifteenth day and all night, till the next day at noone dangerous, the nineteth day

day till midnight. the 25, day in like manner, the 26. day and all night, till the next day at noone.

¶ Of Aprill. 1612.

The first and second dayes dangerous, the seauenth & 8. both the daies and nights also, the 15 day and all night, till the next day at noone, the 23 day daungerous, the 25. day and the 29 day, and all night likewise dangerous.

¶ Of May.

The first day and all night dangerous, the 13 and 14 daies and and most part of the night, the 20 day and all night, the 22 day in like manner, the twenty first day and all night, till the next day at noone, very dangerous, the 28 day and all night dangerous.

¶ Of Iune.

The second day and al night, the 4 day and al night, til the next day at noone daungerous, the ninth day and all night, till the next day at noone, in like manner, the 12 day and all night, the 17. day, and the 19. day and all night dangerous, the 23 and 26 dayes also, the 29 day and all night dangerous.

¶ Of Iuly.

The third day and all night, the 7 day daungerous, the 11 day and all night, and the 14 day dangerous, the 18. and 20 dayes til midnight also, the 25 day, and the 26 day and all night, till the next day at noone very dangerous.

¶ Of August.

The first day and all night. the third day till midnight dangerous, the 9 and 10 daies and both the nightes, the the 16 day and all night dangerous, the 22 day, and the most part of the night, the 23 day dangerous, the 30 day

and

and most part of the night very dangerous.

¶ Of September.

The first day and all night, till the next day at noone dangerous, the 13 day till midnight in like manner, the 19. day and all night dangerous, the 26 day and most part of the night, 27 day very dangerous.

¶ Of October.

The third and fourth, both daies and nights, till the next day at noone daungerous, the 10 and 11 daies also, the 16. and 17. both daies and nights dangerous, the 23. day and all night, the 24 day and all night, till the next day at noon dangerous, the 31 day in like sort dangerous.

¶ Of Nouember.

The first day, the 6 and 7 daies and all nights dangerous, the 13, and all night in like manner, the 20 day & all night daungerous, the 27 day and all night very dangerous.

¶ Of December.

The fourth day and the tenth day, & all night very dangerous, the 17 day and most part of the night in like maner, the 14. day and all night, till the next day at noone dangerous, the 31 day till midnight in like sort very daungerous.

FINIS.